

**EURORDIS Membership Meeting Budapest  
19 & 20 May 2017**



***Workshop 2: Hope & Happiness are part of the treatment***  
**Part 2 -The quest for a holistic approach to being well**

**Saturday 20 May 2017 – Uranus Room**

**Another Way to Manage Pain in Neuromuscular  
Diseases**

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# Contribution of Neuro-Acupuncture as a Supportive Care in Neuromuscular Diseases

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# Introduction

- ❑ Patients with **neuromuscular disorders** whose pain is not controlled by chemicals or physical techniques can be relieved by **Neuro-Acupuncture**
- ❑ Neuro-Acupuncture may be considered as a **Western modern Acupuncture**
- ❑ The needles modify the electricity of the tissues (skin, muscles, nerves) thanks to the conduction of the iron.
- ❑ At Rothschild Hospital (Paris), Neuro-Acupuncture is performed by a Physical Medicine and Rehabilitation physician.

## Methods

- ❑ Localizing the precise site of pain by manual palpation.
- ❑ Inserting needles at the **trigger points**
- ❑ Rotating the needle to elicit a slowly progressive pain.
- ❑ The practitioner has to make sure with the patient that it is the same pain he experienced.
- ❑ Inserting some more needles in other traditional Chinese acupoints.



# Results

The **efficiency** of Neuro-Acupuncture treatment is perceived by the patient :

- less **pain**
- less **fatigue**
- better way of **standing** and **walking**.

Each session lasts for about **30 minutes**.

For some patients, **subcutaneous needles** are set in place for a few days.

# Conclusions

- ❑ Neuro-Acupuncture may be **an option** to treat pain in NMDs patients, as a **physical integrated treatment**.
- ❑ Insertion of needles is subtle and is an **economic** means of therapy, with **rare** traumatic **side effects**.
- ❑ **More research** is needed to assess its effectiveness by measurement of
  - Heart Rate Variability,
  - balance (Satel Platform<sup>®</sup>)
  - gait (Locometrix<sup>®</sup>).

## **Part II**

# **Management of Pain related to Wheelchair**

# Management of Pain related to Wheelchair



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# **Wheelchair & Seating System Choice Process:**

**A Retrospective Study in  
130 Wheelchair Users with  
Neuromuscular Disorders**

**Positioning and mobility clinics** are transdisciplinary consultations composed of:

- a Physical Medicine and Rehabilitation physician
- an occupational therapist
- a dealer of medical equipment

They are all specifically trained in the **process of choosing a wheelchair** and offer their expertise in techniques about **sitting prevention** and **postural installation**.



# Purpose

- ❑ In 2006, the AFM-Telethon began to set up a **Network of Positioning and Mobility Clinics**, in response to the numerous problems of wheelchair installation and related complications :
  - Pain
  - Deformities related to the sitting station
  - Pressure sores
  - Fatigue, discomfort
  - Impact on physiological functions, etc.

Network of Positioning & Mobility Clinics  
in 2016 in France



# Observational study

- ❑ A **retrospective study** (unpublished) on the physiological complications (deformations, pain, pressure ulcer) encountered by MNM patients using a wheelchair
- ❑ carried out from medical records of **130 patients** from **2007 to 2014**.

## Results

- ❑ **Pain related to postural installation** : **84%** of subjects were concerned.
- ❑ **Pressure ulcer**: 14%
- ❑ The topography is mainly **ischiatric** (buttocks), mainly due to **prolonged sitting** and a **poor distribution of pressure**.

# Conclusions

- ❑ Clinicians must be vigilant about the **postural installation** of wheelchair users by acting in a **preventive** way.
- ❑ This study contributes to understand **mechanisms** and to propose **solutions**.
- ❑ AFM-Telethon wanted to **stimulate a dynamic** with wheelchair users.
- ❑ Other studies remain to be implemented.
- ❑ It is also necessary to have this specialized activity **be recognized** so that teams **can exercise officially**, with necessary financial and material resources.



## Contact

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